12 Exercises

Why TF Are You Depressed?

Destiny S. Harris

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A Gift For You

Thank you for taking the time to read this book. As a token of my appreciation, here is a gift to you:

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Table of Contents

Copyright 2

A Gift For You 4

Quick Bit 7

Introduction 8

Chapter 1: Gratitude 10

Chapter 2: Physical Activity 15

Chapter 3: Support System 19

Chapter 4: Break Lifestyle Patterns 24

Chapter 5: Clean Diet 30

Chapter 6: Meaning and Purpose 36

Chapter 7: Execute On Your Goals 40

Chapter 8: Emotional Support Animals 44

Chapter 9: Defy Escapism 48

Chapter 10: Routine 53

Chapter 11: Become the watcher 57

Chapter 12: Seek Ecstasy 61

Thank You For Reading 66

The End. 67

About Destiny S. Harris 68

Connect W/ Destiny S. Harris 70

Free Gifts! 71

Please Leave A Review 72

Tell Me What You Want 73

Thank You 74

Quotes of The Day 75

Word of the Day 76

10 Commitments 77

Quick Bit

Thank you for taking the time to read this book.

My hope is that you leave at least 1% better than before you read this book and walk away with at least one takeaway.

I'd like to graciously ask that you help me by sharing this book with someone and/or reaching out to me about the book; your feedback helps me serve you better.

With Kindness,
Destiny

Introduction

There will be times when depression makes sense, but even in dire circumstances, there is always someone experiencing more horrid circumstances who finds a way to rise above.

Two people that come to mind include Viktor Frankl, who was a prisoner at multiple concentration camps, and Nelson Mandela, who was imprisoned for 27 years in harsh conditions. Somehow, they still found a way to rise above their circumstances and maintain a positive outlook through most of their experiences.

Depression will eat you alive if you let it.

This book will discuss multiple ways you can rise above depression and prevent it from running your life.

12 Exercises

1. Gratitude
2. Physical Activity
3. Support System
4. Break your lifestyle patterns
5. Clean diet
6. Meaning and Purpose
7. Execute On Your Goals
8. Emotional Support Animals
9. Defy escapism
10. Routine
11. Become the watcher
12. Seek ecstasy

Chapter 1: Gratitude

Gratitude

What are you grateful for?

Think about everything and everyone and write down what you're grateful for.

People who frequently face depression often forget all of the good surrounding them (even during dark times).

Upon waking, think about who and what you're grateful for. Think about who and what you're grateful for during the middle of the day. Before going to bed, consider who and what you're grateful for.

Take nothing and no one for granted. Every person, every experience, every

trial, and every victory have a gift to be found within it.

Contemplate on gratitude throughout each and every day.

Gratitude List

1.
2.
3.
4.
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7.
8.
9.
10.

People I'm Grateful For Include:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Chapter 2: Physical Activity

Physical Activity

It's no surprise that when you are depressed, you are less likely to engage in physical activities.

Your energy is low. You're lethargic. You don't feel like doing sh*t. And the last thing you likely want to do is move your body.

But physical activity is one of the **best** things you can do to maneuver your way out of a depressive state.

When you're depressed, force yourself to get moving. Force yourself to release those endorphins. And Force yourself not to sit still. Get off your a** and get the ball moving; it will significantly help mitigate depressed emotions.

Exercises

1. Dancing
2. Biking
3. Rowing
4. Paddle Boarding
5. Surfing
6. Running
7. Hiking
8. Walking
9. Rock Climbing
10. Gardening
11. Yoga
12. Weightlifting
13. Skating
14. Sports
15. Yard Work
16. Volunteering

When was the last time I consistently engaged in physical activity? What did I notice about the time when I was consistent with physical exercise?

Insert your thoughts below:

Chapter 3: Support System

Support System

You need people, community, and a robust support system throughout your life. If you don't have a support system, you'll need to put in the work to develop one.

People were made for companionship. Humans were not created to be alone. Do you have reliable and positive people in your circle?

Cultivate the right community:

People you can go to for help, people who have your best interests at heart, people who respect your boundaries, people who don't judge you, people who don't use and abuse you, people who bring the best out of you, and people who are loyal to you.

People who make up my support system:

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11.
12.
13.
14.
15.
16.
17.
18.

People I need to release from my support system:

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11.
12.
13.
14.
15.
16.
17.
18.

What actions will I take to build my support system?

Insert your thoughts below:

Chapter 4: Break Lifestyle Patterns

Break Lifestyle Patterns

How do your days usually go? People frequently do the same things day in and day out. How often do you switch up the routine, do something different, and get out of your habits?

Humans crave change -- even if you think you don't. Your mind loves when you switch things up -- even if that means taking a different route to get home or to work, exploring new food, striking up a conversation with someone new, going to a new event, trying a new activity, traveling somewhere new, etc.

If you always eat one thing, explore 2-4 new cuisines this week. If you always drive to a particular destination with a specific route, go another route. If you

always wake up and check your phone, wake up and try a different habit (e.g., meditation, walking, stretching, dancing, gratitude, jumping jacks, etc.)

The goal is to switch up your routine in every way. Form new neural pathways by breaking out of your usual habits.

Mitigate depression by focusing less on yourself and on the new activities you're introducing into your life experience.

Which habits can I shift this week?

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.
13.
14.
15.
16.
17.
18.

What new activities will I introduce this week?

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3.
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5.
6.
7.
8.
9.
10.
11.
12.
13.
14.
15.
16.
17.
18.

What's on my bucket list?

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13.
14.
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18.
19.

Chapter 5: Clean Diet

Clean Diet

Nobody wants to talk about this one, but it's critical.

When you're depressed, you might notice you have cravings, or you lose your appetite. It's usually one or the other.

Whether you have cravings or don't want to eat, one of the most productive actions you can take for yourself is to consume a healthy diet.

What does a healthy diet consist of?

1. Less processed foods
2. Less caffeine
3. Less alcohol
4. Less sugar
5. More wholesome foods

6. More H2o
7. More healthy proteins, fats, and carbs
8. More raw greens

A clean diet does wonders for your mental, physical, and emotional health.

There is nothing productive about eating a tub of ice cream, drinking a bottle of alcohol, consuming loads of caffeine, never getting in your veggies, and eating out every day.

Get yourself in line. Control yourself. Implement some f*cking discipline and consume a healthier diet.

Eating sh*tty foods ain't gonna do sh*t for you, and it's only going to exacerbate your depression and any negative emotions.

Wholesome food makes you feel better, look better, and think better.

Nothing can compare to the clarity that comes when you're consuming a healthy diet.

Take a break from all the sh*t, and see for yourself.

You are what you eat. If you consume sh*tty foods, you will likely feel sh*tty.

What is my current diet like?

Insert your thoughts below:

What healthier foods can I consume that I enjoy, and which foods/drinks do I need to give up?

Foods to add:

1.
2.
3.
4.
5.
6.

Foods and drinks to drop:

1.
2.
3.
4.
5.
6.

Chapter 6: Meaning and Purpose

Meaning and Purpose

A life without meaning and purpose is no life at all. People who don't know why they're living and feel there is no meaning to their life will most definitely experience depression.

If you don't know your purpose, it's time to dedicate your days to figuring out what it is until you find it.

If you feel your days lack meaning, it's time to dedicate your days to figuring out how to apply more meaning to your life.

You were born for a purpose, and your life has endless meaning, but until you find it, you will drift and experience low emotions such as depression.

What is my purpose?

Insert your thoughts below:

How can I add more meaning to my life?

Insert your thoughts below:

Chapter 7: Execute On Your Goals

Execute On Your Goals

What are you trying to accomplish? Are you making progress towards these goals day in and day out?

The easiest thing in the world to do is have a dream. The harder part is executing on that dream.

Each day offers you an opportunity to make progress on your goals. Don't waste it.

As you make progress on your goals, you will notice a few things increase:

1. Your self-esteem
2. Your mental health
3. Your happiness
4. The meaning of life

What are my top ten goals?

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

What actions do I need to take on my goals daily?

1.
2.
3.
4.
5.
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9.
10.

Chapter 8: Emotional Support Animals

Emotional Support Animals

If you don't like animals, you're missing out because animals are here to help everyone get out of an emotional funk.

If you don't have a pet but have always been interested, consider getting one. Not only will it potentially require you to be more mobile, but you'll always have an additional being to love you unconditionally.

Get yourself an emotional support animal.

What pets am I most interested in?

Insert your thoughts below:

Explore the nearest shelters or animal adoption centers to help you find your new partner in crime.

Chapter 9: Defy Escapism

Defy Escapism

What is escapism? It's anything you try to leverage to help you forget about your own life. Escapism is dangerous because you end up **not** living and jeopardizing your life and results.

Many people allow their escapist habits to drain their time -- frequently leading to addiction.

Some examples of escapism include:

Porn, gambling, sugar, alcohol, drugs, social media, television, shopping, and working.

If you have any of the following escapist habits or addictions, seek help from an

addiction counselor or regular therapist if you're not at an addiction point.

Escapism and addiction prevent you from dealing with the root cause of your depression. If you don't deal with the root cause, you will only perpetuate the depression.

Do I have any escapist habits or addictions? If so, what are they?

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7.
8.
9.
10.

What new and productive habits can I replace my escapist habits and addictions with?

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10.

Chapter 10: Routine

Routine

Stick to the routine.

When you're dealing with depression, the last thing you want to do is get off the routine (unless you're breaking patterns -- see Chapter 4).

A routine will help you stay grounded and make progress in life. A routine keeps you busy and occupied and prevents you from dawdling.

Create a routine and stick to it. When people deal with loss or sadness, one of the first things they do is deviate from the routine. Though it's challenging to stick with the routine, it's one of the best actions you can take for your mental health.

What actions, habits, tasks, and goals must I include in my routine?

1.
2.
3.
4.
5.
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7.
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11.
12.
13.
14.
15.
16.

Create your daily routine

Insert your routine below:

Chapter 11: Become the watcher

Become the watcher

You are **not** your thoughts.
Allow your thoughts to come and go freely. Don't engage with unproductive thoughts. Simply let them come and keep it moving.

People frequently find themselves at mental war because they engage with unproductive thoughts. If people stopped incessantly engaging with their thoughts, they'd experience significantly more productive lives.

Stop engaging with your thoughts. Watch them from afar and keep it moving.

How do I currently engage with my thoughts?

Insert your thoughts below:

Are there particular thoughts, people, or experiences I frequently ruminate?

Insert your response below:

Chapter 12: Seek Ecstasy

Seek Ecstasy

Unless you're using drugs, which I don't recommend, you're likely not experiencing ecstasy when you're dealing with depression.

The only way you can experience ecstasy is to redefine how you live life.

A lot of people experiencing depression are caught up in a batch of seriousness, negativity, and other low emotions.

Ecstasy is found beyond depression when you focus on enjoying life, relishing in gratitude, giving to others, mitigating the focus on yourself and your circumstances, and living your best life.

What activities bring me the most joy?

1.
2.
3.
4.
5.
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7.
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10.

What activities on my bucket list can I knock out this week?

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Which people make me come alive and out of my shell?

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Thank You For Reading

Thank you for reading this book.

Stay loved, blessed, lucky, favored, aware, joyous, enlightened, and committed to bettering yourself.

The End.

About Destiny S. Harris

Destiny S. Harris' goal is to positively inspire, cultivate, elevate, and educate the minds of individuals across the globe through her writing.

Creating (whether books, courses, articles, poetry, or music) has always been Destiny's thing, not to mention health & fitness and all things entrepreneurial.

Destiny published her first book, "Beauty Secrets for Girls," at age 11 and her second book, "Don't Wait Until It's Too Late," at age 12.

Destiny obtained four degrees in Philosophy, Psychology, Political Science, & Women's Studies. She also started her own music teaching business at the age of

14, which she led for over ten years. In addition, she has been teaching academic, career, and personal development topics to thousands of students and readers since 2004.

Outside of writing, Destiny loves and enjoys many activities: reading, weightlifting, walking, biking, traveling, football (and sports in general), dogs, animals, dinosaurs, food, classic movies, quality and new experiences, mountain and ocean views, sleeping, plants, and nature.

Check out her work, leave a review, share your thoughts with your friends and family, and participate in a movement: **Serving others through self-education (books).**

Connect W/ Destiny S. Harris

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Destiny

Thank You

You can never say thank you enough.

Thank you for reading.

Thank you for sharing.

Thank you for bettering yourself.

Destiny S. Harris

Quotes of The Day

"Keep the long-term vision top of mind."

"Never settle. Never compromise."

"Your potential self is infinite."

"Habits create your destiny."

"Discipline is destiny."

"Stay an outlier."

"Commit once."

"Pain is good."

"Deviate."

Word of the Day

Live out your purpose each day. Work on your goals daily. Never quit on yourself. Fight through inertia. Fight mediocrity, one of the most addicting drugs.

10 Commitments

1. Commit to personal development, your purpose, and your goals.

2. Commit to living below your means.

3. Commit to never settle with mediocrity for yourself and others.

4. Commit to minimalism over materialism.

5. Commit to not engaging in any addictions.

6. Commit to holistic health (mentally, physically, emotionally, spiritually, financially, professionally, and relationally).

7. Commit to giving generously.

8. Commit to knowing, learning, and exploring thyself.

9. Commit to saying "no" and setting boundaries to people, obligations, opportunities, and unhealthy desires.

10. Commit to self-discipline in all areas of your life.